

Mayor's Council on African American Elders

C/O – Aging and Disability Services, Seattle-King County
Mailing Address: PO Box 34215, Seattle WA 98124-4215
Office Address: Seattle Municipal Tower, 700 5th Ave, 51st Floor
(206)684-0660 • TTY(206)684-0274 • FAX (206)684-0689
Website Address: www.seattle.gov/MCAAE

Meeting Summary

January 21, 2011

Members Present – Gwendolyn Coates, Chair, Cynthia Andrews, Rose Floyd, Karen Kent, Marti Lindeman, Rowena Rye, Helen Sikov, Anthony Shoecraft, Jeannine Skinner
(Appointment Pending)

Guest: Jerry Large

Staff – Rosemary Cunningham, Karen Winston

- I. **December Meeting Summary** – Approved as amended. Amendments included two additions to the list of 2010 accomplishments: 1) A seventh Seniors Digest article was added entitled, “Is it Time to Start Thinking About Your Drinking?”, provided on behalf of Karen Kent; and 2) Three classes were conducted by Karen Kent at the Central Area Senior Center regarding older adults and mental health.
- II. **Treasurer's Report** – Current balance as of December 31, 2010 is \$218.55 – Checking; \$25.13 – Savings.
- III. **Committee Reports:**

Legislative Advocacy Committee – Anthony reported that the Mayor's Office requested the committee develop a statement of purpose regarding the request for a meeting with the Mayor. The committee postponed the meeting and hopes to confirm an appointment within the next by March.

This year Senior Lobby Day is scheduled for Thursday, February 24th. Members were asked to sign up if they wish to attend. ADS will provide transportation and lunch will be provided. Anthony asked to schedule a speaker for the February 18th meeting to do a brief training on advocacy techniques. He volunteered to contact Nancy Amedi and/or Rosalind Jenkins to see if one of them can present.

Recruitment Update – Gwendolyn welcomed Dr. Jeannine Skinner and Jerry Large.

Dr. Jeannine Skinner (referred by Rowena Rye), is a postdoctoral fellow in Psychiatry and Behavioral Sciences at the UW, School of Medicine. Her research interests focus on the protective effects of diet and exercise on dementia risk and Alzheimer disease progression, with a particular interest in how exercise may improve the cognition and diabetes in older African Americans.

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Jerry Large (referred by Karen Kent) is a reporter for the Seattle Times Newspaper. His column runs every Tuesday and Thursday. Because of his position with the Seattle Times he is unable to be appointed to the MCAAE at this time, however, he is interested in staying connected with members for potential story ideas.

Gwendolyn encouraged members to continue efforts to identify individuals who may be interested in being appointed. She would like to schedule interviews before the MCAAE March 18 retreat.

Outreach, Education & Community Engagement – Gwendolyn reported that the Clergy Workshop is confirmed for Tuesday, February 22nd. The workshop will be held at Greater New Bethel Missionary Baptist Church, 5279 Rainier Ave. South, from 9:30 a.m. to Noon. The format will include the following presentations:

Margaret Boddie – Benefits of the African American Elders Program
Cynthia Andrews – The Role of the Senior Center & Older African Americans
Karen Kent – Behavioral Health & Substance Abuse
Rowena Rye – Getting the Answers You Need about Alzheimer's Disease

Save The Date emails were sent broadly and, so far, five churches have confirmed. In preparation for the workshop, assignments are as follows:

- Karen W. will send the list of churches used for the 2010 Grandparents Day to members. Members were asked to respond to her with any additional invitees.
- Karen W. was asked to develop a formal letter of invitation to churches on the list, with the confirmed date and venue information.
- Marti and Karen W. will develop a packet of information, including a one-page handout about the MCAAE, and a summary sheet from each presenter.
- Gwendolyn will develop the workshop evaluation.

Digital Communications Committee (formerly the Website Development Committee) – Marti provided a report on the MCAAE Face Book page. She asked Karen to add a link to the Face Book account on the MCAAE website. Marti also asked members to contribute articles and other pertinent information for posting on Face Book. Marti announced the change in name for the committee to the Digital Communications Committee. Gwendolyn will post information on Face Book about the Clergy Workshop.

IV. Announcements

Karen Kent announced that GRAT (the Geriatrics Regional Assessment Team) received a grant and will be working with George Dicks, former MCAAE Chair. She would also like to collaborate with any members who might be interested in assisting.

Rowena distributed information about the Alzheimer's Conference, scheduled for March 31 to April 1, 2011. The conference will be held at the Washington State Convention Center in Seattle.

Cynthia will be presenting at the Aging in America Conference on creating a boomer culture in San Francisco, CA.

Gwendolyn announced that she is on the Advisory Committee for the Living Well with Chronic Conditions, a Senior Services grant project. The project is a six week series of Living Well Workshops intended to address health disparities. The workshops will target older African Americans and will be held at various locations, including the Southeast Seattle Senior Center, beginning February 9th.

Gwendolyn also announced her plans to married on March 12, 2011, at Ebenezer Baptist Church, at 1:45 p.m. All members are invited.

Karen W.announced an opportunity for the MCAAE to work with the African American Childcare Task Force on a kinship care project. She, Gwendolyn and Anthony are scheduled to attend the next task force meeting on February 10th to discuss possible ideas.

Helen asked for assistance with identifying resources to assist elders who have been cut from the state's Medicaid Program. This item will be discussed more at the retreat in March.

Gwendolyn will be performing in this year's Dark Divas, scheduled for Sunday, March 20th, at the Triple Door.

Happy New Year! The meeting was adjourned at 3:30 p.m.